

TOOL BOX TALKS

Winter 3-Pt. Contact: Trucks & Machines

Falling from the truck is a very common accident type for the transportation industry. Slips and trips cause falls that are very painful for employees. The transportation world is very dynamic, as our drivers must operate on streets, parking lots, loading docks and warehouses. Drivers must pay close attention to where they walk, and to the hazards at ground level. Discuss the tips in this tool box talk to encourage safety in your workplace.

WORKSAFE TIPS

- Use three-point contact whenever mounting or dismounting any trucks, equipment or trailers.
- Do not jump from any machinery.
- Use three-point contact to avoid slipping off of a step or component of the truck.
- When a slip occurs, it's easier to catch yourself without causing injury.
- Falls from the cab cause shoulder rotator cuff tears and knee/ankle injuries that are difficult and painful to repair.
- Mount the cab slowly and methodically. Don't just "hop" up and down from the truck.
- Scan the ground for slick spots before stepping down.
- At night use a flashlight to scan the ground before dismounting.
- Beware stepping down and twisting an ankle on a curb.
- Scan trailers and truck ladders for ice, loose components or snow that could cause a fall.
- Wear gloves when climbing ladders to prevent hand fatigue or skin injuries.



Falling from the truck can easily result in an injured back or shoulder.



Facing the truck means better foot contact with steps and platforms.



Always use three-point contact when entering and exiting trucks.



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888.499.SAFE (7233)